

1 [In support of SB 1420—Nutritional Information on Menus and Menu Boards]

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3 **Resolution supporting SB 1420—Nutritional Information on Menus and Menu Boards.**

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5 WHEREAS, Obesity rates in adults doubled over the last twenty years--currently, two-
6 thirds of American adults (65%) are overweight or obese and the percentage of seriously
7 overweight children tripled in the past two decades (from 4% to 15%); and,

8 WHEREAS, Obesity is a major risk factor for many health problems, including heart
9 disease, which is the leading cause of death in the United States, diabetes, and some
10 cancers; and,

11 WHEREAS, Since 1994, pursuant to the Nutrition Labeling and Education Act (NLEA),
12 food manufacturers have been required to provide nutritional information on nearly all
13 packaged foods. However, the NLEA explicitly exempts restaurants; and,

14 WHEREAS, Americans spend 46% of their food dollars on foods prepared outside the
15 home, such as restaurant meals, which has risen from 26% since 1970; and,

16 WHEREAS, Larger portions, higher calories, higher fat and the lack of nutritional
17 information contributes to the health problems of many Americans today; and,

18 WHEREAS, At almost all restaurants, people are provided little to no nutritional
19 information and can only guess as to the nutritional quality of the food; and,

20 WHEREAS, Studies have found a positive association between eating out and higher
21 caloric intakes and body weights. For example, children eat almost twice as many calories
22 when they eat a meal at a restaurant (770 calories), than they eat at home (420 calories);
23 and,

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1 WHEREAS, Recognizing the need for consumers to have the information they need to
2 make healthier choices when eating out, State Senator Alex Padilla (D-Pacoima) has
3 introduced SB 1420; and,

4 WHEREAS, SB 1420 would require chain restaurants with fifteen or more outlets in
5 California to provide nutritional information per item on printed menus and menu boards; and,

6 WHEREAS, The United States District Court recently ruled that New York City's menu-
7 labeling ordinance—similar to the provisions of SB 1420—is legal, appropriate, and in the
8 public interest; and,

9 WHEREAS, New York City is already implementing a menu-labeling ordinance, as
10 major food retailers have begun posting calorie counts on menu boards; and,

11 WHEREAS, SB 1420 is an important step in giving consumers the information they
12 need to make healthier food choices. Consumers have the right to know the nutritional
13 content of restaurant meals; and,

14 WHEREAS, The Board of Supervisors has already overwhelmingly passed a nearly
15 identical municipal ordinance requiring menu labeling at chain restaurants; now, therefore, be
16 it

17 RESOLVED, That the Clerk of the Board shall transmit the voting results by the Board
18 of Supervisors in support of this resolution and shall write a letter to the California State
19 Legislature confirming the Board of Supervisors' support of SB 1420.